



Action on Salt Salt Education Resources: Teachers Notes

Learning about the harmful effects of a high salt diet is important. Habits formed in childhood tend to carry through to adulthood and so if we are going to be successful in reducing salt intake across the nation, what better place to start than in school? Giving young people the information that they need about salt and teaching them how to shop healthily is an important step towards increasing acceptability of low salt foods and to reduce cardiovascular disease and many other chronic illnesses later in life.

When can the resources be used?

A lesson on salt will fit in anywhere where healthy eating or diet is taught, whether it be in PSHE, PE, Food Technology, Science or in an assembly.

What resources are available?

- We have put together a PowerPoint presentation that will take you and your class through the key facts about salt - what salt is; why it is harmful; what foods salt is found in; and most importantly how you can reduce your intake
- There is also a number of follow up activities and worksheets which can be used, depending on how much time you have. CASH also provides leaflets free of charge (up to 50) which may also be of interest.
- A certificate can be downloaded to recognise your schools/ each child's involvement.

What are the learning objectives?

1. To learn what salt is and what foods it is found in
2. To learn what effect salt can have on your health
3. To learn how you can reduce your own salt intake

Making your lesson interactive & getting the children involved

The PowerPoint presentation that we have designed will engage your class about the issue of salt. There are a number of things that you can alongside this to make the lesson more practical:

Activity 1 - Healthy cooking

Getting children interested and excited by food, healthy eating and cooking is important - not just to reduce salt intake, but to enable healthier diets in general.

Why don't you run a cooking session to make a healthy and low salt dish that pupils can try out at home too? We have many low salt recipes you can try out with your class - [click here to visit our website](#).

Activity 2 - Collecting labels

Most processed food that we buy in the supermarket has a food label, which will give salt information. Ask pupils to collect and bring to class food packaging from food they eat at home over the week. As a class look at ingredients and use our key to sort the products into low, medium and high salt.

Are there similar products that have different levels of salt? Highlight to the class that healthier products are available - we just need to check the label! Create a collage of high, medium and low salt products on red, yellow and green backing card.

Activity 3 - How much salt?

People are often surprised about how much salt can be found in one meal, and which foods contain a lot of added salt. Set up an activity where the class has to guess salt contents of various food types. For example:

- Guess how much salt is in a single meal - use family friendly meals like fish fingers and chips with peas and ketchup (around 1.5g salt per portion), cottage pie with sweet potato fries and broccoli (around 1.8g per portion), or pepperoni pizza with salad (around 1.9g per portion)
- Arrange a selection of meals from highest to lowest salt content - use a cheese pizza (0.88g per portion), a cheese and pickle sandwich (1.79g per portion), a bowl of Shreddies (0.44g) and a ready meal - chicken tikka masala with pilau rice (2.38g)
- Spoon out how much salt 6g is, how much is in any of the meals mentioned above or how much is in the food products collected by the class for activity 2

Activity 4 - Salt diary

Knowing and understanding where salt is coming from in your diet is very important. Now that the class is aware of salt in food and can read food labels, ask pupils to keep a diary of how much salt they eat over a day/week. Add up everyone's salt intake and divide by the number of pupils to calculate an average daily intake.

Using their diaries - what are the main sources of salt? Ask the class to create posters to highlight salt and its effect on health, sources of salt in the diet, the average salt intake of the class and ways to reduce salt intake.